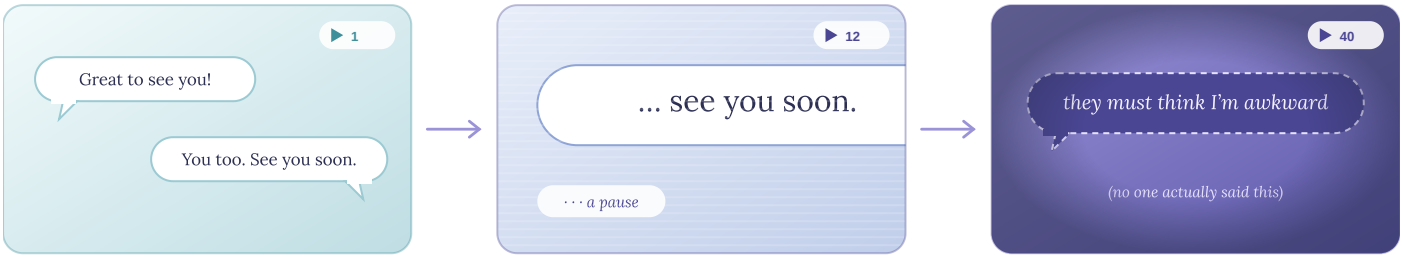
The After-Event Replay

When the event is over, but your mind keeps going back

After a conversation or social situation, many people replay it: going over what they said, analysing how they came across, and wondering what others thought. This "post-event processing" is common in social anxiety (Rachman et al., 2000), and repeated review can happen with other worries too. This worksheet helps you notice the replay, and decide what to do with it.

EACH REPLAY EDITS THE FILM A LITTLE MORE



REPLAY 1
what happened

REPLAY 12
zooming in on one moment

REPLAY 40
the memory, re-edited by fear

The event happened once. Each replay tends to zoom in on the most uncomfortable moments, and the memory can drift further from what actually occurred.

01 Working through a replay

choose one event; a few words in each box is enough

1 THE REPLAY

What interaction or event am I repeatedly revisiting?

2 THE FEAR

What am I afraid this event says about me?

3 THE MENTAL REVIEW

What am I repeatedly checking, analysing or trying to establish?

4 THE ACTUAL EVIDENCE

separating the original footage from the edits

WHAT I KNOW	WHAT I'M ASSUMING	WHAT INFORMATION MAY BE MISSING

5 THE USEFULNESS TEST

Am I discovering something new, or repeating the same analysis?

☐ something new ☐ the same analysis again ☐ not sure

6 THE EXIT POINT

Is there something constructive to do, or can I let the event stay unresolved?

☐ a constructive step ☐ let it stay unresolved

7 THE NEXT STEP

What would help me return my attention to the life I'm living now?

You don't need the final verdict

Most social moments can't be fully known. Letting a question stay open is often what allows the replay to stop.

WHAT THE RESEARCH SUGGESTS

Post-event processing tends to focus on negative details and self-image, and may keep anxiety about similar situations going (Brozovich & Heimberg, 2008). In Clark and Wells' (1995) model of social anxiety, this review is one of the processes that maintain the fear, which is why stepping out of it can help.

SOURCES

Brozovich, F., & Heimberg, R. G. (2008). An analysis of post-event processing in social anxiety disorder. *Clinical Psychology Review*, 28(6), 891–903.

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